



JANUARY 2022 SALEM SENIOR CENTER NEWSLETTER & CALENDAR



DMV2GO

January 24th and 25th
9:00 am – 4:00 pm
Salem Civic Center



SALEM SENIOR CENTER

110 UNION STREET
SALEM, VIRGINIA 24153
540-375-3054

VICKIE SWORD

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BRAD BLANKENSHIP

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PAUL ANDREWS

Recreation Maintenance
Worker
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BE ON THE LOOKOUT!!!!

We plan on resuming our trips in the spring of 2022!!! Expect a trip list to be out in early January. We can't wait to get back out on the road again and we know you can't wait either!!!!



TAI CHI

*** NEW TIME CHANGE ***

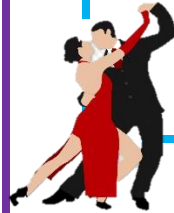
Mondays & Thursdays
3:30 - 4:30pm



Classes are \$2 each paid directly to the instructor.

BALLROOM DANCE

Tuesdays
2 pm - 4 pm



ART ON YOUR OWN

Mondays 1 pm - 3 pm
** New Day and Time**



NEEDLEWORK AND QUILTING

Wednesdays
10am - 12pm

SENIOR MOUNTAIN PICKERS

Fridays, 11 am - 2:30 pm



If you play a stringed instrument, bring it to play with the group. If not, and you just want to listen, come on and get a cup of coffee and enjoy the music.

TAP DANCE CLASS

Wednesdays
9 am - 10 am

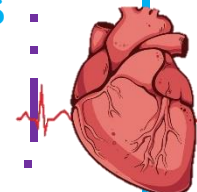
CHAIR CANING AND BASKET WEAVING

Tuesdays
10 am - 2 pm
Material Cost Only



ACUTE CORONARY SYNDROME SEMINAR

Jan 20th at 12 pm



DR. OWUSU ASAMOAH from LewisGale Physicians will be here to speak about Acute Coronary Syndrome (ACS) and its effects on senior citizens. ACS is a disease that is caused by a sudden reduction or blockage of blood flow to the heart.

Snacks provided.
Must sign up in the office.

LINE DANCE CLASSES

Wednesdays
1:30 pm - 3 pm

CHAIR YOGA

Tuesdays
4:15 pm - 5:15 pm
Cost - \$20 for six weeks
New 6-week session begins Jan. 25th

INCLEMENT WEATHER POLICY

If **City of Salem Schools** are **CLOSED** due to inclement weather, all activities at the Center are **CANCELLED**.

If **City of Salem Schools** are **DELAYED ONE HOUR**, all activities and classes **WILL BE HELD** at their regularly scheduled time.

If **City of Salem Schools** are on a **TWO HOUR DELAY**, the Center will **OPEN AT 10 am** and all activities and classes that are scheduled to begin **BEFORE 10 am** will be **CANCELLED**. All activities and class that **BEGIN AT 10 am OR AFTER WILL BE HELD!!!**

Please note that this policy is based on **City of Salem Schools and not what Roanoke City or Roanoke County has decided to do. Please watch or listen to the news!!!

**** PLEASE NOTE THIS POLICY IS FOR BAD WEATHER ONLY****

Grinch Gift Exchange Game w/ Lunch



When: **Thursday January 27th 12PM**

Bring a **NEW** wrapped gift worth no more than **5-10 dollars**. It can be store bought or a **NEW** unwanted Christmas gift. We will provide soup and sandwich for lunch.

Cost is \$6
Must sign up in the office.

FITNESS CLASSES

Tuesday, Thursday, & Friday
8:45 am - 9:45 am

CARDS, CARDS, AND MORE CARDS

We have a lot of card groups that meet here at the Center. If you know how to play **Bridge** and would like to be included in our Monday group, just call us and get on the list.

We also have several groups that play **Hand and Foot** (a variation of canasta). If you would like to learn to play, they'd be glad to teach you so you can join the group.

Just call the Center and give us your name and phone number and we'll get it to the coordinator of the groups.



JANUARY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 	3 9 am–12 noon – Bridge 11 am–4 pm – Hand, Knee & Foot 12–4 pm – Dominoes 1–3 pm – Art on your own 3:30–4:30 pm – Tai Chi	4 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning/Basket 10 am–1 pm – Bridge 11 am–1 pm – Hand & Foot 2–4 pm – Ballroom Dance 4:15–5:15 pm – Chair Yoga 5:15 pm – TOPS #313	5 9–10 am – Tap Class 10 am–12 pm – Needlework/Quilting 10:30 am–1 pm – Ceramics 1:30–3 pm – Line Dance	6 8:45–9:45 am – Exercise Class 10 am–1:00 pm – Bridge 11 am – 49ers Plus Club Mtg 12pm – 3 pm – Hand & Foot 3:30–4:30 pm – Tai Chi	7 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Pickers 11 am–4 pm – Hand & Foot	
9 	10 9 am–12 noon – Bridge 11 am–4 pm – Hand, Knee & Foot 12–4 pm – Dominoes 1–3 pm – Art on your own 3:30–4:30 pm – Tai Chi	11 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning/Basket 10 am–1 pm – Bridge 11 am–1 pm – Hand & Foot 2–4 pm – Ballroom Dance 4:15–5:15 pm – Chair Yoga 5:15 pm – TOPS #313	12 9–10 am – Tap Class 10 am–12 pm – Needlework/Quilting 10:30 am–1 pm – Ceramics 1:30–3 pm – Line Dance 	13 8:45–9:45 am – Exercise Class 10 am–1:00 pm – Bridge 11 am – 49ers Plus Club Mtg 12pm – 3 pm – Hand & Foot 3:30–4:30 pm – Tai Chi	14 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Pickers 11 am–4 pm – Hand & Foot	15
16 	17 <p>CLOSED</p>	18 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning/Basket 10 am–1 pm – Bridge 11 am–1 pm – Hand & Foot 2–4 pm – Ballroom Dance 4:15–5:15 pm – Chair Yoga 5:15 pm – TOPS #313	19 9–10 am – Tap Class 10 am–12 pm – Needlework/Quilting 10:30 am–1 pm – Ceramics 1:30–3 pm – Line Dance	20 8:45–9:45 am – Exercise Class 10 am–1:00 pm – Bridge 11 am – 49ers Plus Club Mtg 12pm – Acute Coronary Syndrome Seminar (Sign Up) 12pm – 3 pm – Hand & Foot 3:30–4:30 pm – Tai Chi	21 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Pickers 11 am–4 pm – Hand & Foot	22
23 	24 9 am–12 noon – Bridge 11 am–4 pm – Hand, Knee & Foot 12–4 pm – Dominoes 1–3 pm – Art on your own 3:30–4:30 pm – Tai Chi	25 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning/Basket 10 am–1 pm – Bridge 11 am–1 pm – Hand & Foot 2–4 pm – Ballroom Dance 4:15–5:15 pm – Chair Yoga (New 6 week session begins) 5:15 pm – TOPS #313	26 9–10 am – Tap Class 10 am–12 pm – Needlework/Quilting 10:30 am–1 pm – Ceramics 1:30–3 pm – Line Dance	27 8:45–9:45 am – Exercise Class 10 am–1:00 pm – Bridge 12 pm – Grinch Gift Exchange Game (Sign Up) 12pm – 3 pm – Hand & Foot 3:30–4:30 pm – Tai Chi	28 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Pickers 11 am–4 pm – Hand & Foot	29
30 	31 9 am–12 noon – Bridge 11 am–4 pm – Hand, Knee & Foot 12–4 pm – Dominoes 1–3 pm – Art on your own 3:30–4:30 pm – Tai Chi	Feb 1 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning/Basket 10 am–1 pm – Bridge 11 am–1 pm – Hand & Foot (2 groups) 2–4 pm – Ballroom Dance 4:15–5:15 pm – Chair Yoga 5:15 pm – TOPS #313	Feb 2 9–10 am – Tap Class 10 am–12 pm – Needlework/Quilting 10:30 am–1 pm – Ceramics 1:30–3 pm – Line Dance 	Feb 3 8:45–9:45 am – Exercise Class 10 am–1:00 pm – Bridge 11 am – 49ers Plus Club Mtg 12pm – 3 pm – Hand & Foot 3:30–4:30 pm – Tai Chi	Feb 4 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Pickers 11 am–4 pm – Hand & Foot	Feb 5

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” — Martin Luther King Jr.

